



Healthy Recipes: Fruit Kabobs



Fruit Kabobs

Ingredients:

- 1 can pineapple cubes in their own juice
- 1 bag seedless grapes
- 1 quart strawberries
- 1 cantaloupe
- 1 package coffee stirrers or short straws
- paper plates

Drain pineapple; wash grapes, pull from stems, cut in half if children are young; wash strawberries, cut in half, cut melon into cubes. Put all fruit into separate bowls. Each child takes a paper plate and a straw. They select fruit to go on the straw to make a kabob. Should serve a class of 15-16.